

**FITNESS**  
**FREQUENTLY ASKED QUESTIONS**  
**AUGUST 7, 2020**

**Why did the requirements change?**

Exercising indoors is a higher risk activity for transmitting COVID-19. However, it is possible to exercise indoors if adequate physical space, ventilation, and sanitation practices are maintained. Larger indoor spaces with fewer people are less risky than smaller indoor spaces with more people, even when physical distancing can be maintained. This new [Phase 2 and 3 guidance for indoor fitness and training facilities](#) is meant to allow limited access to staffed indoor fitness and training where physical distancing and sanitation protocols can be followed and monitored. In all cases, individuals are encouraged to exercise outdoors whenever possible.

**How many people are allowed in an outdoor fitness class in Phase 2 and Phase 3?**

Classes of mixed households are allowed with a maximum of 8 individuals from different households and a maximum of 12 individuals in a group as long as at least 6 feet of social distancing is maintained. Instructors are not included in the maximum number of participants.

**Are classes allowed in outdoor structures?**

Outdoor classes are allowed to take place under an outdoor structure (temporary or permanent) so long as the structure is not walled/enclosed on more than two sides to provide appropriate ventilation.

**How do these new requirements impact the original Phase 2 Fitness & Training requirements for "small group sessions?"**

This [current document](#) is an update, which replaces the prior requirements. Importantly, the 5-person small group sessions and classes are now only allowed if 300 square feet of space can be ensured between each member.

When exercising in a stationary location, each person must maintain 300 square feet of space of separation from others.

**Are spotters allowed, for example, when a client is weight lifting?**

Yes, but only if the spotter is wearing a cloth facial covering and limits their exposure to the client.

**Do dance studios have to follow the fitness requirements?**

It depends on the type of studio. Competitive dance team practicing is authorized to have up to 5 people per class (similar to "practice"). The studio would then follow the [Phase 2 and Phase 3 Sporting Activities COVID-19 Requirements document](#). Aerobic dance classes and other fitness-style dance activities are subject to the 300 square foot requirement.

Please note that social events, such as a dance party, are not allowed until Phase 4. Dance recitals are also not allowed if performed in front of a live audience until Phase 4. The latter is considered "[live entertainment](#)."

**Do smaller, boutique studios have to abide by the 300 square feet rule AND the 25% capacity limit? How big is that in linear feet?**

Three hundred square feet per person is required between patrons except while practicing certain [team sports](#). Three hundred square feet is 17 ft x 17 ft. For example, for a facility that is 1,500 square feet, up to 5 clients can be within the indoor space.

The occupancy limit does not include fitness instructors or personal trainers, and they need to ensure a minimum of 6 feet of distance between themselves and clients.

The 25% occupancy ONLY applies to large facilities (greater than 12,000 sq ft), as determined by the fire code. These facilities should provide a minimum of 300 square feet per person between patrons, and the number of people inside the facility should not exceed 25% of the occupancy rating.

**What about when individuals need to get somewhere within the facility?**

When clients are moving throughout the facility to get to a destination, they need to ensure 6 feet of distance between other individuals.

**What is the difference in the requirements between a Phase 2 and a Phase 3 county?**

For indoor fitness facilities, there is no difference in the requirements between Phases 2 and 3. All indoor fitness facilities must abide by the same guidelines.

**Are racquetball and squash allowed for one-on-one private instruction? What about individual use?**

Small enclosed courts, such as those used for racquetball and squash, are currently not allowed in any indoor facility in Phase 2 and Phase 3 counties.

**How are members of the same household treated for purposes of occupancy and physical distancing?**

The square foot occupancy requirements must be followed without regard to the relationship of the clients. However, members of the same household do not need to strictly adhere to the physical distancing requirements.

**How are unstaffed fitness facilities treated, including those at certain hotels, apartment complexes, and condominiums?**

As of August 10th, unstaffed gyms are not able to reopen until Phase 4 unless the facility ensures the space is staffed full time by at least one supervisor.